



First Christian Reformed Church of Lynden  
From Generation to Generation for the Glory of God

***God's precious and exceedingly great promises in hard times***

***Colossians 3:16*** *Let the word of Christ dwell in you richly,  
teaching and admonishing one another in all wisdom,  
singing psalms and hymns and spiritual songs,  
with thankfulness in your hearts to God.*

**Scripture**

**Psalm 121:1-8**

- <sup>1</sup> I lift up my eyes to the hills. From where does my help come?
- <sup>2</sup> My help comes from the Lord, who made heaven and earth.
- <sup>3</sup> He will not let your foot be moved; he who keeps you will not slumber.
- <sup>4</sup> Behold, he who keeps Israel will neither slumber nor sleep.
- <sup>5</sup> The Lord is your keeper; the Lord is your shade on your right hand.
- <sup>6</sup> The sun shall not strike you by day, nor the moon by night.
- <sup>7</sup> The Lord will keep you from all evil; he will keep your life.
- <sup>8</sup> The Lord will keep your going out and your coming in from this time forth and forevermore.

**Song**

***Psalm 59:16*** *But I will sing of your strength; I will sing aloud of your steadfast love in the morning.  
For you have been to me a fortress and a refuge in the day of my distress.*

[You can Google the hymn to hear it if you would like to sing along.]

***Sing Praise to God Who Reigns Above***

Sing praise to God who reigns above, the God of all creation,  
the God of power, the God of love, the God of our salvation.  
With healing balm my soul is filled and every faithless murmur stilled:  
To God all praise and glory.

The Lord is never far away, but through all grief distressing,  
an ever present help and stay, our peace and joy and blessing.  
As with a mother's tender hand, God gently leads the chosen band:  
To God all praise and glory.

Thus all my toilsome way along, I sing aloud thy praises,  
that earth may hear the grateful song my voice unwearied raises.  
Be joyful in the Lord, my heart, both soul and body bear your part:  
To God all praise and glory.

Let all who name Christ's holy name give God all praise and glory;  
let all who own his power proclaim aloud the wondrous story!  
Cast each false idol from its throne, for Christ is Lord, and Christ alone:  
To God all praise and glory.

## **Prayer**

*II Chronicles 7:14 If my people, who are called by my Name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.*

Holy Father, the Psalmist tells us to look up. So often we look down and look around, we look back, or strain to try to look ahead. But it is as if you are saying, "Hey, I am up here, look up." Looking up gets our eyes off the world and others and ourselves. Looking up gives us an entirely new perspective, a different outlook, an eternal vantage point.

We think that by looking down and watching our step we won't stumble and fall, but the truth is only when we look up at you we don't fall on our faces and miss the way.

It is a staggering thing to consider you never fall asleep. We fall asleep just praying to you, yet you never fall asleep on us. You are up all night every night keeping watch over us and providing for our constant care. If you neglected us for one second, we would be destroyed. You fight battles for us in the heavenly places we aren't even aware of.

Thank you that you are our Protector and Defender against the schemes of the enemy and the evil that tries to overtake us. We believe no weapon formed against us will prosper in this life, because you are always greater, and our lives are hidden with Christ. We are safe with you. Enable us today to keep our eyes off ourselves and our problems, and fixed solely on you, the author and perfecter of our faith, who never leaves us or forsakes us. We look up to you who alone is our hope and help and salvation. If you made the heavens and the earth, there is nothing you cannot do. Indeed, we declare it is true, our help is in the name of the Lord. We pray all this in the name of Jesus, Amen.